



COVID-19 Patient Instructions After Testing

WHAT SHOULD I DO WHILE I WAIT FOR MY RESULT?

For those with symptoms:

- Self-isolate in your home. If you live with others, self-isolate in a private room and use a private bathroom, if possible. Interact with others as little as possible.
- Wear a mask when you enter general living areas.
- Whoever else lives in your home should also stay at home.
- Make a list of close contacts from two days before you became sick until you self-isolated. Close contacts are those who have been within 6 feet of you for 10 minutes or more.
- If you develop additional symptoms or if your symptoms get worse, notify your healthcare provider immediately for further instructions.

For those who had no symptoms:

- If you had a **known exposure** to a confirmed case, quarantine until 14 days after your exposure. If you live with others, self-quarantine in a private room and use a private bathroom, if possible.
- Interact with others as little as possible.
- Continue to practice social distancing, wash hands frequently, and wear a face covering while in public or when unable to social distance.
- If you develop symptoms, notify your healthcare provider immediately for further instructions.
- If you had no known exposure to others, there is no need to self-quarantine. You should continue to wear a face covering and social distance while in public.

WHAT SHOULD I DO IF I TEST POSITIVE?

- Notify your close contacts and let them know they should self-quarantine at home for 14 days since their last contact with you. This includes your family members and anyone who lives with you.
- If you had **no symptoms** prior to testing, and do not develop them after testing, you are asked to self-isolate in your home for **10 days**.
- If you had **symptoms** prior to testing, Self-isolate in your home until each of the following conditions are met:
 1. It has been **at least ten** days since your symptoms first appeared **AND**
 2. It has been **at least three days** since you have not had a fever (without using fever-reducing medications) and your respiratory symptoms are improving (e.g., cough, shortness of breath).
 3. Practice social distancing for seven days since you last had symptoms.
 - While you do not have to remain in isolation, you may not return to work until seven days after your symptoms have resolved.
- Continue to self-monitor for symptoms for fourteen days since you last had symptoms.
- If your symptoms get worse or if you require hospitalization, notify your healthcare provider immediately and follow instructions about wearing a mask when you arrive to the facility.

WHAT DO I DO IF MY TEST IS NEGATIVE?



- If your test is negative and you had **a known exposure** to a confirmed case, quarantine until 14 days after your exposure.
- If your test is negative and you had **no known exposure** to a confirmed case and you are **asymptomatic** (do not have symptoms), you can stop self-quarantine. Continue to practice social distancing.
- If your test is negative and you had **no known exposure** to a confirmed case, but you are **symptomatic**, you may have another respiratory pathogen that is circulating in the community. Avoid work and group settings until three days after you have not had a fever (without using fever-reducing medications) and your respiratory symptoms are improving.

HOW DO I GET MY RESULTS?

- Your test results will be sent to you by phone, text, or email within 5 days.
- If you do not receive your results within 5 days, call the Division of Public Health at 1-866-408-1899.
- Please DO NOT call prior to 5 days—you will be contacted with your results as soon as they are available.
- DO NOT CALL THE PHARMACY FOR YOUR TEST RESULTS. THEY WILL NOT HAVE ANY FURTHER INFORMATION FOR YOU.

RESOURCES FOR MORE INFORMATION

- For more information, visit [DE.gov/Coronavirus](https://de.gov/Coronavirus).
- Help is available. Contact [Delaware 211](https://delaware211.org) by calling 2-1-1 or text your zip code to 898-211.